

News Leader

FORT SAM HOUSTON

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"One Team, Supporting Military Missions and Family Readiness!"



Photo by Deyanira Romo Russell

Col. John P. Lamoureux addresses guests at the 502nd Mission Support Group change of command July 8.

Lamoureux takes command of 502nd Mission Support Group; Garr bids farewell

By Steve Elliott
FSH News Leader

With an overflow crowd around the Fort Sam Houston flagpole July 8, Col. Mary E. Garr turned over command of the 502nd Mission Support Group to Col. John P. Lamoureux. The ceremony also made history as the first-ever change of command for the 502nd MSG.

The popularity and af-

fection Garr has garnered in the past three years as Garrison and 502nd MSG commander was evident, as numerous military and civic leaders were in attendance to bid Garr farewell and welcome Lamoureux to his new post.

Lt. Gen. Guy Swan, commanding general of U.S. Army North, presented Garr with the Army Legion of Merit for her exceptionally meritorious conduct

in the performance of outstanding services and achievements.

"In this truly blended Army-Air Force event today, I want to express our collective appreciation to Col. Garr for the exceptional job she has done in reshaping a traditional Army garrison into a mission support group," Swan said. "This has been arguably the most complex base realignment in Department

of Defense history.

"No mission support group commander in the world has as many bosses as she has had, or at least people who thought they were her boss," Swan said jokingly, referring to the almost 100 mission partners on Fort Sam Houston. "Col. Garr has represented all of us at Fort Sam Houston exceedingly well

See 502ND MSG, P3

Patrick paved way for progress at Joint Base San Antonio

By Steve Elliott
FSH News Leader

After spending five and a half of his last seven years in San Antonio, Brig. Gen. Leonard Patrick, the first commander of the 502nd Air Base Wing and Joint Base San Antonio, will be moving on to take command of Second Air Force, Air Education and Training Command at Keesler Air Force Base, Miss., after his change of command ceremony July 18.

Brig. Gen. Theresa C. Carter will assume command of the 502nd ABW and JBSA, after serving as Director of Installations and Mission Support,

Headquarters Air Mobility Command at Scott AFB, Ill.

As Patrick prepares to transfer leadership of the unique four-installation, joint-service command to his successor, he took time recently to reflect on the unique experiences associated in standing up such an expansive venture, which supports more than 80,000 full-time personnel, 145,000 students and a retiree community of more than 250,000.

The general said the biggest initial challenge was communication.

"The terminologies and procedures at the installations were very different. The Lackland culture was different from Randolph, and Fort Sam

Houston was different from both of them," he said.

"For example, before the garrison became the mission support group, we put the emergency responders from the three installations together and exercised a rehearsal-of-concept drill on how we would perform command and control for the 502nd ABW during a crisis," Patrick related.

"After about 10 minutes, garrison representatives put their hands up and said they didn't have any idea of what we were talking about," the general said. "We quickly discovered what we in the Air Force call base



Photo by Steve Elliott

Brig. Gen. Leonard Patrick will take command of Second Air Force, Air Education and Training Command, Keesler Air Force Base, Miss.

See PATRICK, P4

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Common sense tips for preventing heat injury

By Maj. Paul S. Ward
559th Medical Group

Whether this is your first summer in San Antonio or your 50th, everyone knows it gets hot here.

Even young healthy people succumb to heat if they participate in strenuous activities during hot weather. Some very simple common-sense steps can be taken to prevent heat injuries.

During hot weather, increase your fluid intake regardless of your activity level. Don't wait until you are thirsty to drink. If exercising in a hot climate, drink 16 to 32 ounces of cool fluids each hour. Heavy sweating removes electrolytes from the body, which are essential for the body to function properly.

Sports beverages can replace lost electrolytes, but if you are on a low-salt diet, consult your doctor before exercising. Do not use drinks containing alcohol in an attempt to stay hydrated.

When exercising in the heat, choose lightweight, light-colored, loose-fitting clothing. Also, apply sun screen and wear a hat.

Schedule your outdoor activity during morning and evening hours. The hottest part of every day is in the late afternoon. Pace yourself. If you are not used to being outside, take it slow. If your heart is pounding and you are gasping for breath, slow down.

Some people are at greater risk than others.

Children and people over 65 years old as well as overweight

folks are prone to heat injuries. If you suffer from heart disease, high blood pressure or take certain medication for depression, insomnia or poor circulation you can be affected by extreme heat.



Do not leave children or pets in a parked car. Do not overlook any children who may have fallen asleep. But despite all these steps, heat injuries can still occur.

See **HEAT**, P19

Senior Airman Kevin Linuma pours water over his head to cool off after working out July 5 on Lackland Air Force Base. Exercising in extreme heat is not recommended and certain precautions should be taken to prevent heat-related illnesses.

Photo by Air Force Staff
Sgt. Josie Walck

Edwards Aquifer Level

in feet above sea level
as of July 13

CURRENT LEVEL * = 643.2'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



Weekly Weather Watch

	Jul 14	Jul 15	Jul 16	Jul 17	Jul 18	Jul 19
San Antonio Texas	 104° Mostly Sunny	 103° Mostly Sunny	 103° Partly Cloudy	 104° Mostly Sunny	 103° Partly Cloudy	 102° Mostly Sunny
Kabul Afghanistan	 95° Sunny	 92° Sunny	 91° Sunny	 91° Sunny	 93° Sunny	 93° Sunny
Baghdad Iraq	 120° Sunny	 119° Sunny	 114° Sunny	 112° Sunny	 111° Sunny	 113° Sunny

(Source: The Weather Channel at www.weather.com)

News Briefs

502nd Air Base Wing Change of Command

Brig. Gen. Theresa C. Carter, assumes command of the 502nd Air Base Wing and Joint Base San Antonio from Brig. Gen. Leonard Patrick at 9 a.m., July 18 at MacArthur Field. Patrick has been selected as commander, Second Air Force, Air Education and Training Command, Keesler Air Force Base, Miss.

Wilford Hall Emergency Department Closed

The Wilford Hall Medical Center emergency department is closed and has been converted to an urgent care center. Individuals who suffer from a serious illness, serious injury, chest pains or heart attack symptoms should go to the Brooke Army Medical Center ED or the nearest emergency room. The urgent care center only treats individuals over 2 years of age with minor injuries and illnesses. Coming to Wilford Hall with an emergency can seriously delay the individual's care. Call the Wilford Hall UCC at 292-7331 for more information.

PHCR-South Change of Command

The Public Health Command Region-South will hold a change of command ceremony July 21, 8 a.m., at the FSH flagpole.

VETCOM Inactivation

The Army Veterinary Command will hold an inactivation ceremony July 22, 8 a.m., at the FSH flagpole.

IMCOM ribbon cutting and open house

A ribbon-cutting ceremony and open house for the new Installation Management Command Community Campus at is at 9 a.m., Aug. 19 at Building 2261, 2405 Gun Shed Road, near Stanley and Reynolds Roads. The event is open to all Fort Sam Houston personnel. IMCOM oversees all facets of managing Army installations around the world. The headquarters was relocated to Fort Sam Houston as part of the 2005 Base Realignment and

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502ND MSG from P1

and she has set her successor up for success. We can't thank you enough for your friendship, skill and leadership."

Brig. Gen. Leonard Patrick, 502nd Air Base Wing commander, echoed Swan's comments and added a few more in praising Garr's tenure with the garrison and mission support group.

"Col. Garr was the trailblazer and the leader we needed during the transition into Joint Base San Antonio," Patrick said. "Her job as garrison commander from 2008 to 2010 was complex, leading Fort Sam Houston with more than 1,400 personnel and an installation worth more than \$8 billion.

"But it's with people – not things – where she really excels," Patrick continued. "Mary Garr cares about people. She cares about the service members, their families, and the civilians who work on Fort Sam Houston and Camp Bullis. She has always looked out for them.

"She spent much of her time planning and preparing for the Fort Sam Houston integration into Joint Base San Antonio," the general said. "This was a massive task that required the skill of a superb leader and communicator. She had the right skill set."

Patrick said Fort Sam Houston was "blessed to have Col. John Lamoureux and his wife, Laura, join us as the new command team for the 502nd Mission Support Group. He's a former commander for the 232nd Medical Battalion and for the past few months has been learning the strategic business of the Army Medical Command. He has set himself up to hit the ground running at the new MSG commander.

"You're joining a tremendous team and I know you'll find the command challenging and fulfilling," Patrick said. "You're the right team to take the baton and take the next lap."

After the ceremony took place, Garr took to the podium with some words for the people and the command she



The children of Col. Mary Garr, outgoing 502nd Mission Support Group commander, render honors during the national anthem played during their mother's change of command July 8. Pictured are (from left) Evan, Patrick and Gwen.

is leaving.

"It's my turn now to pass the baton to a great family," she said, referring to the Lamoureuxs. "When you look at yourself and your place in history, we really are just brief moments of time here.

"These past three years have seen more change at Fort Sam Houston than it has ever been through. We've built more than 50 new buildings. We've renovated and adapted more than two dozen historic buildings. We'll have gained more than 12,000 personnel by this fall. We've gone from being the home of Army medicine to being the home of military medicine.

"To be a commander here, you have to go into it heart and soul," the colonel said. "We've all worked hard to balance support for mission readiness with family support. We've worked hard to create positive memories for the people who live and work here.

"These have been exciting times," Garr said. "We basically unraveled a tight-knit team and wove their threads into several new tapestries with interlocking pieces. Our staff has had to learn a new language, a new culture, new data system and new business processes and regulations."

Garr then thanked the senior mission commanders, other mission partners and her family and also had a salute for

the incoming mission support group commander – along with a little advice.

"You are the right choice for this command and we were all happy to hear you were the one who would be replacing me," Garr said. "We were really ecstatic to know that Laura would be joining the command team. She is a volunteer of the year here and a teacher at Fort Sam Houston and we know she and her family has already been very active in the community.

"Enjoy your command, as it will pass too quickly" she

added. "Your family, like ours is truly invested in Fort Sam Houston and the community. Be sure to trust and invest in your mission support group team, because they will carry you forward. Have fun and take it forward to the next level."

As Lamoureux took the podium as the new 502nd MSG commander, he offered his thanks to his family and the rest of Fort Sam Houston.

"I want to thank everyone who has made this a special day for me and my family," he said. "I wish the Garr family all the best in their future endeavors and thank them for the magnificent job they have done with this command.

"Laura and I look forward to joining the Joint Base San Antonio team and we hope that our presence will only enhance the superb efforts that are ongoing in making Military City USA the best place to be stationed in the Department of Defense.

"To all the members of the 502nd Mission Support Group, I have but one directive: Don't work for me, work with me," Lamoureux said. "Together, we will set the standard for providing the best quality of life for those who live and work here at Fort Sam Houston."



Photos by Deyanira Romo Russell

Lt. Gen. Guy Swan, U.S. Army North commanding general, congratulates outgoing 502nd MSG commander Col. Mary Garr, on her successful tenure.

Third METC barracks named for fallen Navy Corpsman

By L.A. Shively
FSH News Leader

Leading his rifle team on a house-to-house search for an explosives factory in Ramadi, Iraq; a sudden blast from a hidden bomb knocks Marine Sgt. Gregory Edwards unconscious, mangling his legs and one hand.

The first person to reach Edwards is Navy Hospital Corpsman 3rd Class Christopher Anderson. Waking up, Edwards realizes he is looking right into "Doc" Andy's face.

"How bad is it?" Edwards asks. "You're going to be fine," replies Anderson calmly, while working furiously to stop the Marine's bleeding.

"I knew I was good," Edwards recalled to a full auditorium in Anderson Hall. Medically retired as a result of his wounds, Edwards was

guest speaker for a ceremony christening the building in honor of the fallen Navy corpsman.

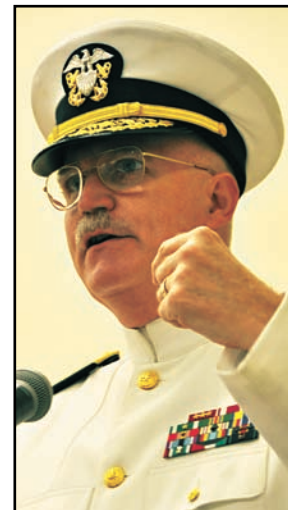
Anderson was killed two months later in Ramadi; his Marine unit under mortar attack.

"I thank him every day that I can wake up and be with my family," Edwards said.

Edwards explained he knew that "Doc" Anderson would care for him no matter the circumstances. He called Anderson "Doc" because of an unspoken bond: complete trust cemented under fire between Marines and their corpsmen.

"You're the unarmed warrior. You care for your fellow man," said retired Navy Chief Hospital Corpsman Harry Penny, who recited his poem "I Am the One Called 'Doc'" during the ceremony.

Anderson Hall is the



Navy Rear Adm. William Kiser, METC commandant, speaks about Navy Hospital Corpsman 3rd Class Christopher Anderson's contributions to and sacrifices for his country.

third barracks on the Medical Education and Training Campus at Fort Sam Houston to be named for fallen Navy

See METC, P7



Photos by L.A. Shively

Christopher Anderson's grandfather, retired Senior Chief Parachute Rigger William Hawkins, receives a flag from Navy Hospital Corpsman 1st Class Albert Ramirez as a special recognition for his 26 years of service. Ramirez had served with Marines 1st Battalion, 6th Regiment at the same time as Anderson. The flag had been flown over the Navy Medicine Training Center barracks July 7.

METC from P6

corpsmen. Previously, Jaenke Hall was named in honor of Hospital Corpsman 2nd Class Jaime Jaenke and Fralish Hall was named in honor of Hospital Corpsman 3rd Class John Fralish.

"There are quiet heroes who go about their work every day doing great things for our country," explained Navy Rear Adm. William Kiser, METC commandant.

"Christopher Anderson was a quiet hero," Kiser said. "He was not afraid to ply his trade in a hard place and as long as this building stands, he will serve as a monument to what members of the Hospital Corps do; to what heritage means; to what tradition means, and what a life of service embodies. He is exactly the right person for this place."

The ceremony included a pictorial presentation of each of the 45 corpsman lost in Afghanistan and Iraq since 2001 and footage from Oliver North's "War Stories" series hosted by FOX.

As part of the footage, an image of a corpsman carrying a wounded soldier accompanies North's description of an incident where an Iraqi Republican Guard regiment ambushed the Marine

unit he'd embedded with and a gunfight ensued.

"This corpsman who had rushed out twice before and brought these two wounded (Marines) back, now has a third one," North said.

"On the right, a Reuters news crew sets up their tripod and they are videotaping him going in and out. As this guy staggers back into the gunfire, one of them shouts out, 'Hey mate! What did you do that for? Didn't you notice that wasn't a Marine?'"

"It's a wounded Iraqi soldier," North explained. "This U.S. Navy corpsman is rushing into the battlefield to save (the Iraqi's) life."

"In response to the Reuters news crew, the Navy corpsman gives them a gesture and says, 'Didn't you notice he was wounded? That's what we do. We're Americans.'"

Anderson was fourth-generation Navy. His great grandfather served as an electrician's mate, his grandfather was a parachute rigger, and his father served in special operations.

Nothing can fill the void of the loss of his son, said retired Navy Chief Electrician's Technician Rick Anderson. "But the memory of this helps us concentrate



(From left) Debra Anderson looks on as her husband, retired Navy Chief Electrician Technician (SEAL) Rick Anderson and son Kyle unveil a portrait of Navy Hospital Corpsman 3rd Class Christopher Anderson for the quarterdeck of Anderson Hall. Navy Master Chief Hospital Corpsman Tonya Carleson stands right.

on the good things that happen and the blessings that have come along," he said.

"Being surrounded by so many friends keeps us

lifted and helps us in the right direction."

"It means a lot – it's an incredible honor to be the brother of someone who is exceptional to a

point of having a hall named after him. It's very special and overwhelming," said older brother Kyle Anderson. "Caring for other

people was his gift," said his mom, Debra Anderson. "It was a wonderful gift to be here with our family and friends to share this with us."



Photos by L.A. Shively

Anderson's parents receive hugs Navy Rear Adm. William Kiser and Navy Capt. John Larnerd after the ceremony.

Army North Soldiers, civilians get SHARP

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

Soldiers and civilians at U.S. Army North on Fort Sam Houston took part in the Army's new Sexual Harassment/Assault Prevention and Response Program training June 27 through July 1 as part of an Army-wide initiative to prevent sexual harassment and sexual assault.

All Army personnel must have the new training by Sept. 30; the training combines and replaces all unit sexual assault prevention and response and prevention of sexual harassment annual training.

"With this initiative, the goal of the Army is to eliminate sexual harassment, which hope-

fully, will eliminate the chance of sexual assault happening," said Sgt. 1st Class Richard Berry, SHARP program manager for Army North.

"In the past, the sexual harassment and training was conducted through Equal Opportunity channels; but now, it is being moved under the SHARP program together with sexual assault because the Army has realized that the two play hand in hand with each other," Berry added.

The new training is presented through realistic scenario videos and helps to bring better awareness – and it's more effective, said Sgt. 1st Class David Friese, Equal Opportunity advisor, Army North.

"There is no tolerance for sexual harassment or sexual assault in the U.S. Army," Friese said. "SHARP training reinforces the Army policy and also the Army's

commitment to protecting victims of sexual harassment and assault."

The training shows that inappropriate comments and behaviors may be a precursor to

sexual assault, added Berry.

"What I hope people take away from this training is that they understand that sexual harassment is wrong

and can lead to sexual assault," he said.

"By providing this training, people will be aware of what the indicators and behaviors are of sexual harassment and sexual assault and eliminate it from the workplace as well as in their personal lives."



Soldiers and civilians at U.S. Army North listen as the Army's new Sexual Harassment/Assault Prevention and Response Program training package is explained June 29 as part of an Army-wide initiative to prevent sexual assault and sexual harassment.

Photo by Staff Sgt.
Keith Anderson

FORT SAM HOUSTON HONORS JUNE RETIREES



Photo by Staff Sgt. Keith Anderson

Families, friends and loved ones say farewell to (from left) Col. William Kirk, Brooke Army Medical Center; Col. Kelly Wolgast, U.S. Army Medical Command; Lt. Col. Kerry Reyna, 4th Expeditionary Sustainment Command; Lt. Col. Arthur Hobbs, U.S. Army North; Chris Comeaux, U.S. Army North; 1st Sgt. Juan Serra, Company E, Defense Language Institute English Language Center, Lackland Air Force Base; Master Sgt. Antwan Nicholson, BAMC; Master Sgt. Ramon Gomez, U.S. Army North; Sgt. 1st Class Theresa Galbreth, 14th Combat Support Hospital, Fort Benning, Ga.; and Sgt. 1st Class Timothy Jones, U.S. Army South, during the installation retirement ceremony at the historic Quadrangle June 30.

Fort Hood commander refers Hasan to court-martial

Fort Hood Commander Army Lt. Gen. Donald M. Campbell Jr. will refer the capital murder case against Army Maj. Nidal M. Hasan to a general court-martial for trial, officials at Fort Hood, Texas, said July 6.

Hasan is charged with 13 counts of premeditated murder and 32 counts of attempted premeditated murder in the Nov. 5, 2009, attack on troops readying to deploy to Afghanistan.

Campbell, who also commands 3rd Corps and serves as a general court-martial convening authority, made the decision after considering all matters submitted by the defense counsel as well as the recommendations of Hasan's chain of command, the Article 32 investigating officer and his own legal advisor, Fort Hood officials said.

The court-martial in the Hasan case is authorized to consider death

as an authorized punishment.

An Article 32 hearing under the Uniform Code of Military Justice is similar to a civilian grand jury hearing.

After a case is referred to trial by court-martial, a military judge receives the case and eventually sets a schedule.

Hasan's arraignment likely is the first matter for a military judge to schedule. A military judge has yet to be named to the case.

At a military arraignment, the judge discusses the rights of the accused, including the right to counsel, and makes sure the accused understands his rights. A military judge usually calls on the accused through counsel to make motions for relief and enter pleas, which may be deferred to a later date.

(Source: American Forces Press Service)

Bone marrow transplant patients arrive at BAMC from WHMC

By Susan A. Merkner
BAMC Public Affairs

Inpatient bone marrow transplant and inpatient hematology and oncology services relocated to Brooke Army Medical Center from Wilford Hall Medical Center effective June 22.

The move was another step toward meeting the Base Realignment and Closure deadline of Sept. 15 for realigning inpatient services from Wilford Hall to BAMC.

Two patients were transported by ambulance from Wilford Hall to renovated patient rooms on BAMC's 6 West floor the morning of June 22. Staff assigned to the patients greeted them with welcoming comments and helped them settle into their

new rooms.

The bone marrow transplant unit's transitional space includes five renovated patient rooms and a treatment room. The 25 other beds on 6 West are designated as a medical ward and can be adapted to accommodate additional BMT patients, if needed.

The BMT unit's permanent home will be a state-of-the-art, 14-bed unit on the fifth floor of the newly constructed Consolidated Tower.

The Department of Defense BMT program began in 1985 at Wilford Hall. When the new BAMC hospital opened in 1996, it also had a bone marrow transplant unit. Between 1996 and 2001, 497 patients were treated in the BAMC BMT unit.

The BMT unit was consolidated into the BMT unit at WHMC in 2001 to reduce costs and increase efficiency in the San Antonio military medical community.

Bone marrow transplants are used to treat various cancers and certain noncancerous diseases. Because patients who undergo chemotherapy or a bone marrow transplant may have compromised immune systems, their hospital surroundings are strictly managed to prevent infection.

The BMT patient rooms on 6 West are outfitted with high-efficiency particulate air filters to keep the air constantly in motion.

During recent BRAC-related transitions locally, beds are closing through



Photo by Susan A. Merkner

The first two bone marrow transplant patients arrive at Brooke Army Medical Center from Wilford Hall Medical Center June 22.

attrition at Wilford Hall, and new patients are being admitted to newly opened beds at BAMC.

The outpatient bone marrow transplant clinic also relocated to BAMC

from Wilford Hall, effective June 21. The outpatient BMT clinic is in D Lot Clinic 12, accessible outside the hospital's women's health clinic entrance.

BAMC's adult out-

patient hematology/oncology clinic moved to transitional space within the Wilford Hall hematology/oncology unit in September 2007 and is scheduled to return to BAMC in August.

Local scout helps out FSH Fisher Houses

Life Scout Josh Sobczak's leadership skills scored big for Fisher Houses on Fort Sam Houston, where the motto is "Because a Family's Love is Good Medicine."

Sobczak's Eagle Scout three-part leadership project was to assist the four Fisher Houses on Fort Sam Houston. The project took more than nine months to plan, coordinate and complete.

The first part involved organizing and carrying out a toiletry drive at Randolph Air Force Base where his 12 helpers collected more than \$4,000 in consumable supplies.

The second part consisted of organizing and installing 12 kitchen cabinet organizers, donated by Home Depot, at Fisher Houses No. 3 and 4.

The third part involved planning and conducting an awareness campaign by performing a survey and handing out brochures about the



Photo by Col. Stephen D. Sobczak

Life Scout Josh Sobczak stands next to one of the 12 kitchen cabinet organizers he helped install in a Fisher House on Fort Sam Houston.

Fisher Houses.

"It was worth all of the time it took to plan, coordinate and finally conduct the project," said Sobczak, a 13-year-old

home-schooled student from Troop 23 at Fort Sam Houston and son of Col. Stephen Sobczak, chief of operations for Headquarters U.S. Army Medical Command at Fort Sam Houston.

"We delivered over four truckloads full of household consumable supplies, durable goods and made the kitchen an easier place to cook for the families of our wounded warriors," Sobczak added. "It's the least I could do to help out the Soldiers who have given so much for my freedom."

Sobczak said he learned a lot about leading a group of people through a project from the planning phase to the completion. His final step to receive his Eagle Scout rank is to go through his Eagle Scout board of review, which he plans to do this summer.

(Source: Col. Stephen Sobczak)

DAUGHTER OF FSH SOLDIER NAMED NATIONAL MISS TEXAS JUNIOR TEEN

KeAnna Whisenhunt, the daughter of Maj. Jo Anne Whisenhunt, a health service materiel officer at the Army Medical Department Center & School, and her husband, Kevin, was crowned National American Miss Texas Junior Teen Cover Girl at the state pageant held at the Intercontinental Hotel in Houston June 27. In addition to her crown, banner, roses and trophy, KeAnna also received a special invitation and the opportunity to compete in the National Pageant at Disneyland for the National Cover Girl title. She will return to next year's pageant to crown her successor. She also received the state ambassador and Spirit of America awards.

Courtesy photo



BAMC RECEIVES \$210,000 FROM ARMY SURGEON GENERAL



Photo by Corey M. Toye

(From left) Ken Martin, chief of Brooke Army Medical Center's Data Analysis Branch, and Col. Marcus Cronk, Army Medical Command's chief of the Resource Management Division pose with the facsimile checks totaling \$210,000 received from Lt. Gen. Eric B. Schoomaker, U.S. Army surgeon general for increases in inpatient and outpatient productivity during the Army Medical Command's Training Symposium, held at San Antonio's Henry B. Gonzalez Convention Center June 27-29.

FSH vets want to see more cats, more often

Cats are the most popular pet in the United States, according to the American Veterinary Medical Association. Owners care for 82 million pet cats compared with 72 million dogs, yet studies show the number of feline veterinary visits is declining steadily each year.

A recent industry survey by the American Pet Products Association revealed that compared with dogs, almost three times as many cats hadn't received veterinary care in the past year.

Just like dogs, cats need regular veterinary care, including annual exams and vaccinations; perhaps more so, because cats are naturally adept at hiding

signs of illness. Annual exams are especially important for early diagnosis of health problems.

The disparity may be related to common myths about cat health such as: Cats are naturally healthier and more problem-free than dogs; feline health problems come from outside and don't affect indoor cats; or cats will display visible signs of illness as do dogs.

The Fort Sam Houston Veterinary Treatment Facility is participating in the "Have we seen your cat lately?"™ national awareness campaign and taking steps to raise awareness about the importance of regular veterinary care for cats.

Fort Sam Houston's

Veterinary Treatment Facility also supports the Army Veterinary Corps' American Board of Veterinary Practitioners residency program. This partnership allows the Fort Sam Houston VTF to host two residents, during regularly scheduled clinics, as they complete the requirements for board certification.

"Partnering with the ABVP Residents from the DOD Military Working Dog Center on Lackland AFB is a 'win-win' for everyone," said Capt. Sarah Luciano, Fort Sam Houston VTF officer in charge. "The VTF now offers more services and veterinary expertise for feline patients of the military community in the San Antonio area, while the



ABVP residents have the opportunity to gain valuable experience."

The Fort Sam Houston VTF encourages all cat owners to call their veterinarians to schedule wellness exams for their cats. They are located at 2332 Harney Road and can be reached at 808-6101 or 808-6104.

(Source: Fort Sam Houston Veterinary Treatment Facility)

Notice of budget, proposed tax rate public meeting

The Fort Sam Houston Independent School District will hold a public meeting at 10 a.m. on July 28, in the Professional Development Center located at 1908 Winans Road on Fort Sam Houston to discuss the school district's budget.

Public participation in the discussion is invited.

Covered in the meeting will be a comparison of proposed budget with last year's budget.

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the

following expenditure categories: maintenance and operations – 3.85 percent decrease and total expenditures – 3.85 percent decrease.

Also covered will be fund balances.

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment: maintenance and operation fund balance - \$7.5 million and interest and sinking fund balance - \$0.00.

(Source: Fort Sam Houston Independent School District)

Volunteers make a difference at BAMC; win United Way awards

By Maria Gallegos
BAMC Public Affairs

A group of Fisher House volunteers and an individual volunteer with longtime experience at Brooke Army Medical Center received awards at the United Way 22nd Annual Volunteer of the Year Awards dinner at the Henry B. Gonzales Convention Center June 22.

The VOYA is San Antonio's single-largest community-wide recognition of volunteers throughout San Antonio and Bexar County. Awards were given to individuals, families, and groups of nonprofit, faith-based, business, military and labor organizations.

More than 800 people attended the "Night of a Thousand Stars" program to support and thank the volunteers for their contributions. Since 1989, more than 3,000 individuals have been honored at VOYA events.

BAMC volunteers recorded more than 80,000 hours in 2010 and when combined with Fort Sam Houston volunteers, \$7.5 million dollars worth of support was donated to the community.

Joy Moore, a BAMC volunteer since 1994, won the military individual volunteer of the year award. Moore was recognized for her devoted service to BAMC patients. She is the co-founder of the BAMC Retiree Activities Group and the Caremobile Program.

Moore helped establish the Caremobile Program that transports patients throughout the hospital including the Center for the Intrepid, warriors in transition barracks and the Fisher Houses.

The program has 10 electric golf carts with 44 drivers transporting more than 110,769 elderly, pregnant mothers and wounded war-

riors last year.

"For more than 17 years, she was here every Wednesday with a golf cart ready to help – in the rain, heat and during seasons where most people would find it too cold to be outdoors for any reason," said Jessica Veilleux, chief of BAMC Volunteer services.

"Her compassion and unpretentious way of being is a gift for giving that is inspiring to everyone who meets her," Veilleux added. "She alone donated more than 6,000 hours of volunteer service this past year. Joy is the most genuine person I have ever met."

Moore also saw the need for improvement in the volunteer program as it had a high turnover, unstructured

and untrained volunteer work force.

To meet this challenge, Moore helped organize and establish the BAMC Retiree Activities Group. Within three years of inception, the program was the largest BAMC volunteer private organization and considered to be the premier volunteer organization in the Department of the Army.

In 2010, BRAG had more than 188 members working in the hospital, contributing 41,372 hours with a dollar value of \$862,606.

BRAG volunteers have a significant impact in every division and department at BAMC, as they are assigned to various duties throughout the hospital.

"Joy developed more than

100 position descriptions for volunteers to fill in the hospital and helped establish an advisory board that transitioned into an executive board," Veilleux said.

"I was born to volunteer and I love military medicine," Moore said. "I am so proud of our Soldiers who ride the Caremobile. They walk so well with their prostheses and they never complain. It is a privilege to say to them 'Thank you, Soldier.'"

BAMC's Fisher House volunteers won the military group category award for their continuous support and dedication to the wounded warriors and their families.

The 62 Fisher House volunteers contributed more than 10,457 hours, serving 563 wounded warriors and

their families in 2010. The volunteers provide support and services all year long with responsibilities such as preparing meals for families, gardening, cleaning, performing office tasks, decorating, or working on special projects.

"The Fisher House volunteers have a tremendous impact on the lives of the wounded warriors and their families said Inge Godfrey, Fisher House manager.

"They play a vital role in the healing process of the injured and their families. Our residents look at our volunteers as a part of their family, they build a special bond between them while they are here."

A thank you note written by a former Fisher House resident to the staff and the volunteers was then read aloud.

"Thank you to the staff and volunteers for giving us a place to stay, an encouraging environment, and peace of mind," said the letter from the Newkirk family.

"With so much out of our control and so many unknown stressors that could have overwhelmed us, your support and generosity have helped my husband to heal better than I think we would have otherwise and helped me be there for him. We thank you from the bottom of our hearts. In the most difficult time of our lives, we found peace."

Fisher Houses provide a "home away from home" for military families to be close to a loved one during hospitalization for an illness, disease, or injury.

For more information about the volunteer program, contact BAMC Volunteer Services at 808-4982.



Photo by Kara Carrier

Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center and Southern Regional Medical Center, talks about Joy Moore's accomplishments and achievements at a June 30 commander's call in the BAMC auditorium. Moore is at right.

470th MI Brigade names outstanding NCO, Soldier of year

By Gregory Rippes
470th Military Intelligence Brigade

The first three days of June put a select group of noncommissioned officers and Soldiers from the 470th Military Intelligence Brigade under unique pressure. They were

competing for recognition as the brigade's outstanding NCO and Soldier for the year.

The first day found them hot and dusty on Camp Bullis for the land navigation course and hands-on warrior tasking – after undergoing the Army Physical Fitness Test on Fort

Sam Houston.

That was just the beginning; on the subsequent days they wrote an essay, completed a written examination on general military knowledge, and appeared before the board. Weapons qualification also figured into the scores. And there was the surprise event: six-mile ruck march.

After the scores were tallied, the brigade's NCO of the Year was Staff Sgt. Adam Beitz, a Spanish cryptologic linguist with the 717th Military Intelligence Battalion, and the brigade's Soldier of the Year was Spc. Luis Paulino, of the 204th Military Intelligence Battalion.

Paulino, who traveled from his battalion's base on Fort Bliss, Texas, said one of the hardest parts of the competition was the land navigation. "The terrain [on Camp Bullis] is very different from that in El Paso," he explained.

Nevertheless, Paulino said completing the Camp Bullis events gave him the most satisfaction. "It's not like a written test or a board," he observed. "During warrior tasking, one has to actually get dirty to accomplish the task."

Beitz, whose battalion operates on Lackland Air Force Base, found the board to be the hardest part.

"It's the only part of the competition that still makes me a little nervous," said Beitz, who has belonged to the Army for eight years. "Doing it over and over again definitely makes it a lot easier, but it still feels a little uncomfortable to sit in front of all those sergeants major."

Completing the physical fitness test and the ruck march gave Beitz the most satisfaction, he said.

See 470TH, P19



Photos by Gregory Rippes

Spc. Luis Paulino, 204th Military Intelligence Battalion, performs first aid on an "injured" Soldier during the warrior task segment of the 470th Military Intelligence Brigade Soldier of the Year competition June 1 at Camp Bullis.

U.S. Army South names 2011 Soldier, NCO of the Year

By Robert R. Ramon
Army South Public Affairs

One Soldier and one noncommissioned officer distinguished themselves during a five-day competition to identify the U.S. Army South 2011 Soldier and Noncommissioned Officer of the Year.

Spc. Ethan J. Berry, 56th Signal Battalion, was named Soldier of the Year while Staff Sgt. Joseph C. Hansen, 525th Military Police Battalion, was named NCO of the Year.

"We really challenged the Soldiers participating in the competition and they performed very well," said Command Sgt. Maj. Luis Gonzalez, U.S. Army South Special Troops Battalion command sergeant major. "It was very impressive to see them in action."

The competition included

an Army physical fitness test, land navigation, weapons qualification, various warrior tasks, a written examination, drill and ceremony and face-to-face time with a formal military board.

"The competition was great," said Hansen. "My fellow competitors were on their game. They seemed to give it all their effort and it made things very challenging."

Berry and Hansen will represent U.S. Army South during the United States Army Forces Command NCO and Soldier of the Year "Best Warrior" competition to be held this summer at Fort Hood, Texas.

"I'm looking forward to competing in FORSCOM since there will be many more participants from throughout the Army," said Hansen. "It will be a tougher challenge."



Sgt. John Putman, 512th Engineer Detachment, carries a mock casualty. The competition included an Army physical fitness test, land navigation, weapons qualification, various warrior tasks, a written examination, drill and ceremony and face-to-face time with a formal military board.

Photos by
Robert R. Ramon

Gonzalez, who served on the board during the formal interviews, said he was especially impressed with each Soldier's ability to remain calm under pressure.

"It's not easy to be on a board with five sergeants

major throwing questions at you," said Gonzalez. "They did very well. It was remarkable."

Hansen said the competition helped him to improve

See ARSOUTH SOY, P19



Sgt. Jose Rosa, 717th Military Intelligence Battalion, moves a mock casualty at Camp Bullis during the U.S. Army South 2011 Soldier and Noncommissioned Officer of the Year competition.

DOD adopts personnel form developed by MICC HR specialist

By Daniel P. Elkins
MICC Public Affairs

An automated form developed practically overnight, by a human resources specialist in a search of a more intuitive tool to track performance planning and the appraisal process for the Army's acquisitions workforce, is being adopted by the Department of Defense.

In March, Department of the Army officials conducted training for the Mission and Installation Contracting Command leadership at Fort Sam Houston, in preparation for the May 22 transition of appropriated fund employees from the National Security Personnel System to the Acquisition Workforce Personnel Demonstration Project,



Photo by Daniel Elkins

Victor Gallegos developed an intuitive form, which is being adopted by the Department of Defense, to track performance planning and the appraisal process for the Army's acquisitions workforce. Gallegos is a human resources specialist assigned to the Mission and Installation Contracting Command at Fort Sam Houston.

or AcqDemo.

It was during this training that MICC Acq-Demo Program Manager

Victor Gallegos learned the millions of dollars required to develop a process to capture appraisal actions were simply not in the budget.

Instead, individuals were to document performance management actions in a Microsoft Word document as an interim solution, which struck Gallegos as a move in the opposite direction, given the ever-growing importance of documenting appraisals and maintaining records.

"It posed a challenge since the document offered no tracking and no signatures," Gallegos said, "It seemed we are taking a step back in technology."

Gallegos brushed up on his programming skills to see if he could build a better tool that

enhanced the proposed Microsoft Office Word form, due to its limitations.

While under NSPS, Gallegos said employees had access to the online Performance Appraisal Application tool as part of the Defense Civilian Personnel Data System. Through the application, employees, rating officials and higher level reviewers could create performance plans and monitor and rate performance.

Gallegos said he set out that same evening to build a form similar to the PAA using Adobe Pro and more than nine pages of Javascript.

"I was wondering if I could create a form accessible by everyone from a shared drive that still allowed tracking," he

said. "By the next morning, I had about a 70 percent solution."

Gallegos spent countless hours of personal time over a few days developing the form that incorporates a PDF format offering extended features and from which reports can be extracted. Each section of the form is expandable, and the employee and rater sections are digitally locked by signature.

The common access card-enabled program also offers a secure element allowing employees to access their respective objectives and appraisal data from a shared network location.

"This is significant," said Maria Allen, chief of the MICC Civilian Personnel Division. "The Microsoft Word document was

an antiquated solution, while the new form not only makes documenting performance easier for employees, but also for managers as well."

The HR specialist presented his program during the visit by the Department of the Army team, which quickly recognized the form was in fact the greatest leap in capturing AcqDemo performance data since the personnel program's implementation in February 1999.

DOA officials distributed the new program among other Army AcqDemo managers at the end of May and also recognized its potential application for the almost 14,000 DOD acquisitions employees transitioning

See MICC, P19

Military medical career fields on display

By Esther Garcia
AMEDDC&S Public Affairs

An oversized toothbrush, mannequins on litters, a skeleton of a dog and the head of a horse, candy posing as pills, bed bugs and spiders were some of the exhibits on display July 7 when the Army Medical Department Center & School took the spotlight at the 2011 Independence Day Career and Education Conference.

Held at the University of Texas at San Antonio downtown campus, more than 300 youths from 15 to 21 years of age attended the event.

Exhibits were provided by Departments of Veterinary Science, Dental Science, Preventive Health



Soldiers and civilians assigned to the Army Medical Department Center & School, and representing the various medical departments, provided workshops and exhibits to 300 teens attending the 2011 Independence Day Career and Education Conference at the University of Health Science San Antonio downtown campus July 7.

Services, Health Services Administration, Combat Medic Training, Medical Lab, Radiology, Pharmacy, Training Support Center, 32nd Medical Brigade and the 882nd

Training Group showcased the various military medical career fields.

The goal of the conference was to help teens learn about and access the vast career and

education opportunities available in the community, gain exposure to the resources available and become informed about the importance of pursuing a career or higher education so they can become productive citizens.

Dr. Jeffery Vista, deputy commander of the 882nd Training Group, greeted the students inside the Deployable Medical System and provided a tour of the triage area and operating room.

The Stryker ambulance, brought over by



Photos by Esther Garcia

(From left) Sgt. 1st Class Bradley Switter and Staff Sgt. Cheryl Washington demonstrate how to count and prepare pills, or in this case colorful candy, for bottling and labeling at the pharmacy exhibit.

the Training Support Center, 32nd Medical Brigade from Camp Bullis, was a big hit with the teens. They had the opportunity to climb inside and view the inner workings of the vehicle.

"The kids had good questions and we had the answers. It is good to let them see how we (the Army) compare to the civilian community medical career fields," said Sgt. 1st Class Angela

Morrison, Medical Lab. "It was a good chance to see a hospital out in the field and observe different military specialties so they can see they do any job they want."

"It's a good way for the kids to see what a Soldier does every day," said Sgt. 1st Class Robert Mims, Medical Lab. "On TV, they see Soldiers carrying weapons, and here they see that we perform other jobs."

Sgt. Kevin Ryland, Training Support Center, 32nd Medical Brigade, provides a briefing about the Stryker Ambulance on display at the conference.



ARSOUTH NCOs visit S.A. Lighthouse for the Blind

By Robert R. Ramon
ARSOUTH Public Affairs

Approximately 40 U.S. Army South offices and noncommissioned

officers visited the San Antonio Lighthouse for the Blind June 23 to get a firsthand look at what goes into making many of the products used



San Antonio Lighthouse for the Blind employee Gregorio Duran (left) describes some of the products he makes to Chaplain (Maj.) Charles Atanasio, from the U.S. Army South Chaplain's Office, at the SALB Jun. 23.

regularly by the military.

"When Soldiers pick up one of our items they probably don't realize it was made by a blind or visually impaired individual," said Nancy Lipton, San Antonio Lighthouse for the Blind spokesperson.

"We make a wide assortment of military apparel items, military helmet systems, mechanical pencils, pens and other office supplies."

The SALB is a non-profit organization that provides employment and rehabilitation services for people who are blind or visually impaired.

"In a lot of cases the Lighthouse gave them their independence and dignity," Lipton said. "We know that 10 percent unemployment in the general population is bad, but in the blind community there's a national unemployment rate of 70 percent. It's astronomical."

More than half of the 500 SALB employees are blind, according to Lipton.

"They take much

pride in their products, especially those made for use by U.S. service members."

"The employees are very proud of what they do," said Command Sgt. Maj. Luis Gonzalez, U.S. Army South Special Troops Battalion command sergeant major. "They were excited to visit with Soldiers today

and learn firsthand the results of their products. They have a real sense of pride in what they do here."

SALB employee George White said he gets a lot of satisfaction in making products for the U.S. military and was excited to show the Army South Soldiers what he does on a

daily basis.

"Our service members are heroes and I keep that in mind while working on these products," White said. "It was a lot of fun visiting with them today and answering their questions about my job."

The visit was inspir-

See LIGHTHOUSE, P19



Photos by Robert R. Ramon

San Antonio Lighthouse for the Blind employee Henry Martinez (left) describes his job to Sgt. Harlowe Allen.

LIGHTHOUSE from P18

ing to many of the Army South Soldiers.

“I got so much out of it,” said Sgt. Harlowe

Allen with the Army South personnel office. “They’re heroes to us and I had to tell them how much I appreciate them mak-

ing equipment that is reliable and dependable. It put things in perspective for me and it’s definitely an inspiration to see them.”

HEAT from P2

Heat stroke is a killer. The victim will be red, hot and the skin will be dry. A throbbing headache will be present along with nausea and dizziness. The victim’s oral temperature may be 103 degrees Fahrenheit or higher. Confusion, followed by loss of consciousness, often occurs.

This is a medical emergency. Call 911. Get the victim to a cool shady area. Cool the victim any way you can while awaiting the ambulance. Do not give the victim something to drink.

Sometimes a victim’s muscles will begin to twitch uncontrollably. If this happens, keep the victim from hurting themselves, but do not place any object in the mouth or give fluids.

Heat exhaustion is a

milder form of a heat-related illness that can develop over several days of exposure to high temperatures and inadequate fluid intake and electrolyte replacement.

The warning signs are heavy sweating, paleness, muscle cramps, weakness, headache, dizziness, nausea, vomiting and fainting. If untreated, heat stroke may occur. Treat these symptoms with cool non-alcoholic beverages, rest, a cool shower or bath. Be sure victim is wearing lightweight clothing and in an air conditioned environment.

Heat cramps are muscle pains or spasms usually in the abdomen, arms or legs that may occur in association with strenuous activity.

The cramping is caused by salt and fluid depletion. Heat cramps

can also be a symptom of heat exhaustion. If you have heart problems or are on a low sodium diet, get medical attention for heat cramps.

The number one preventative step that can be taken is stay out of the heat and turn on your air conditioner.

Drinking plenty of fluids and consuming foods and drinks high in electrolytes such as sodium and potassium can help prevent heat-related illnesses.

Alcoholic beverages will act as a diuretic which will cause you to urinate and sweat off more fluid and electrolytes, increasing your chances for heat injury.

For more information, go to http://www.bt.cdc.gov/disasters/extremheat/heat_guide.asp.

470TH from P15

“I do pretty well on these events,” he said. “I get a sense of accomplishment for completing them to the best of my ability.”

Beitz and Paulino encourage other NCOs and Soldiers to participate in competitions when they have the opportunity.

“In order to do well in competitions at this level, you must be a well-rounded Soldier,” Beitz advised. “Everyone has areas in which they excel, but the winner is the one who doesn’t really have any weak areas. You need to focus on every event and make sure you’re proficient in each in order to do well in the overall competition.”

Paulino concurred. “Competition like this will push a Soldier to a higher level of knowledge, confidence and

leadership,” he said. “I recommend every single Soldier be ready for everything and anything that might come up.”

A few days after their win at brigade level, both Beitz and Paulino journeyed to Fort Belvoir, Va., to compete at the Intelligence and Security Command level. Beitz came home as INSCOM NCO of the Year.

“It’s a humbling experience,” Beitz said. “All those Soldiers who are competing at that level are truly outstanding all around. I’m sure it was only a few points that separated me from the rest of the field. It’s a great honor to get to represent INSCOM at the next level.”

That next level is the Military District of Washington, D.C. The competition will take place in mid-July.

ARSOUTH from P15

his performance during stressful situations.

“Participating in the competition taught me to relax under pressure,” said Hansen. “I found that while I was in a stressful situation, all of my training came to me without having to think about it.”

Maj. Gen. Simeon G. Trombitas, U.S. Army South commanding general, said he’s confident that Berry and Hansen will perform well during the FORSCOM competition.

“Throughout my career, I have never seen the caliber of Soldiers and NCOs that we have today,” Trombitas said. “I think our competition winners are a fine testimony to what our Army produces and are in fact the best of the best.”

MICC from P19

from NSPS.

After sharing the appraisal program with Jim Irwin, DOD program director for AcqDemo, a few adjustments to meet DOD requirements were added and implementation should come soon.

“This is a form essential to the performance management process of AcqDemo, so it was a red hot priority to get out to everyone with our recent conversion of some 13,000-plus folks from NSPS,” Irwin said. “His quick and careful support enabled that to happen in a few short days.”

Harlequin's twist: new show with old songs opens

By Deyanira Romo Rossell
502nd FSS Marketing

Twisting, dancing, flipping, foot-stomping and shouting high-lighted the Harlequin Dinner Theatre's July 1 opening night of "Let's

Twist Again," a musical non-stop tour from the end of the Golden '50s and the beginning of the Groovy '60s.

A troupe of seven performers continuously recreate themselves throughout the perfor-

mance with 30 costume changes and 84 different songs at the historic theatre on Fort Sam Houston.

"This was exhilarating," said Arthur Porter, who grew up in the '60s. "I'm so glad I came."

all so energetic and there is such great dancing," said Katie Abel, another audience member from the '60s generation. "I think they are a good group together."

The singers hit the high notes in '50s chart toppers like "Where the Boys Are," "One Fine Day" and "Doo Wah Diddy." At the end of the '50s songs, the set transforms with Peters in hippie garb, ushering in the '60s with "Aquarius." Some of the other tunes from the '60s included "California Dreamin'," "Happy Together," and "Oh, Pretty Woman."

Kjos mesmerized the crowd with his solo performance of "Unchained Melody."

"Let's Twist Again" is a fabulous showcase of what is possible when a devoted and talented group of band members and performers work in perfect harmony with a choreographer and a costume and set designer," said Kjos, who aside from appearing in the show, is also the assistant director.

At twenty-something, Sarah Hamilton represented the younger audience members at "Let's Twist Again." She found

herself singing along to the songs of another era and enjoying the amazing dancing and set design.

"I really like the choreography," Hamilton said. "I am also amazed at how they got the

costumes down for every era and they look like they are having a lot of fun."

"Let's Twist Again" runs Thursdays through Saturdays through August. Dinner is served at 6:30 pm and show time is at 8 pm. Call 222-9694 for reservations.



The surf music of the early '60s highlighted the end of act one of the Harlequin Dinner Theatre's opening night of "Let's Twist Again."

The troupe includes Shawn Kjos, Michael Berlet, Mark Tubbs, Tim Miller, Sarah Peters, Seeley Stephens and Kylee Skye Lynn. "Let's Twist Again" is a sequel to "The Legend of the Golden Oldies," which this troupe performed to sold-out crowds from May through June.

"The performers are



Shawn Kjos sings "Let's Twist Again" in the opening number of the Harlequin Dinner Theatre's new show that runs through August.

Photos by
Deyanira Romo
Rossell



Kylee Skye Lynn performs "Leader of the Pack" with the help of audience member Ernie Locker.



The performers in "Let's Twist Again" in their grand finale of a spectacular performance: (from left) Tim Miller, Seeley Stephens, Michael Berlet, Kylee Skye Lynn, Shawn Kjos, Sarah Peters and Mark Tubbs.



Announcements

Defend Your Heart Research Study

The Center for Nutrition Research is conducting a process evaluation of a web-based nutrition education program to reduce cardiovascular disease risk among DOD beneficiaries. Must be active duty, retired and family member over the age of 18, have elevated total blood cholesterol above 200 mg/dL and elevated LDL above 100 mg/dL, not taking cholesterol lowering medications and do not have a pacemaker. If qualified, you will receive a blood pressure, body composition and lipid profile. Call 221-6274 or 719-310-6708 for information.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of

active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-2210 for information.

Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

Calendar of Events

July 14

Summer Concert Series

Wilbert Beasley and Body & Soul will be performing at 7 p.m. at the San Antonio Botanical Garden, 555 Funston at N. New Braunfels. Admission is \$8. Blankets and chairs are welcome, no outside food or beverages. Call 829-5100 or visit <http://www.sabot.org>.

July 28

Korean War Veterans Anniversary

The Korean American Association of San Antonio is planning a 61st anniversary appreciation event beginning at 5:30 p.m. at the FSH Golf Club for Korean War veterans who served in the Korean Theater of Operations from June 1950-October 1954. Reserve a seat by July 19. A complimentary dinner will be provided for each Korean War veteran and his or her one guest. Call 481-3047 or 651-5786 for information.



FOR SALE: Jack Georges leather briefcase \$150; Coach purse with matching wallet \$60; Garmin Nuvi GPS \$40; designer dog bed \$35; designer clothes, sizes 0-4 (dresses, blouses, skirts, jeans, jackets, etc) \$3 to \$50. Call 313-0061.

FOR SALE: Gas barbecue grill, \$15; skateboard, \$20; new bike helmet, \$20; computer desk, \$17; color TV, \$35. Call 313-0061.

FOR SALE: Cedar chest, \$65; Pro-Form trail meal, \$100; bookshelf, \$50; glass display corner curio cabinet, \$60; light brown couch and loveseat, couch opens to bed, \$95. Call 241-1291. Whirlpool 12.3 cu.ft. upright freezer. Not frost free. Good working condition. \$50. 654-9617.

FOR SALE: Whirlpool 12.3-cubic-foot upright freezer, not frost free, good working condition, \$50. Call 654-9617.

Aug. 6

BAMC Auxiliary Incoming Spouses Orientation

The Brooke Army Medical Center Auxiliary presents Incoming Spouses Orientation from 9:30 a.m. to 2:30 p.m. Meet people who share the same background, tour

REMINDER CALENDAR

- July 18** 502nd Air Base Wing Change of Command, 9 a.m., MacArthur Field
- July 21** Public Health Command Region-South Change of Command, 8 a.m., FSH Flagpole
- July 22** Veterinary Command Inactivation, 8 a.m., FSH Flagpole
- July 22** Outdoor Movie Night, "Battle: Los Angeles," 8:30 p.m., FSH Flagpole
- July 23** Outdoor Movie Night, "Yogi Bear," 8:30 p.m., Dodd Field
- July 26** Newcomer's Extravaganza, 9:30-11 a.m., Sam Houston Club
- July 28** Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle

BAMC/Center for Intrepid/Fisher Houses/Wounded Family Support Center, receive information about San Antonio life and resources offered at Fort Sam Houston and

learn about the programs and services offered by the BAMC Auxiliary. Limited seating. RSVP to programs@bamcauxiliary.org or 290-9167 by July 31.

Force Support Squadron

Family & MWR

Announcements

Camp Bullis Archery Permit

Purchase an archery permit and enter the area selection drawing to hunt Aug. 6 at 9 a.m. at the Camp Bullis Outdoor Recreation Center. Active duty, retired, Reserve, National Guard, DOD civilian, and disabled veterans with DOD ID cards must have a valid Texas hunting license and a hunter education card to purchase an archery permit. For more information and to scout archery areas check in at the Camp Bullis Outdoor Recreation Center from 8 a.m.-3:30 p.m. or 295-7529 or 295-7577.

Operating Rising Star

Contestants can enter this singing contest for U.S. Military personnel and Family members by Aug. 12. Contest is at 7 p.m. Aug. 18 at the Hacienda Recreation Center, Building 1462 at the corner of Garden and W.W. White Road. Call 224-7250 for more information.

Evening Zumba Classes

Classes are held at 5 p.m. Tuesday through Thursday at the Fort Sam Houston Fitness Center, 3569 Williams Way, Building 1369. Call 313-8727 for information.

Microsoft Office upcoming class schedule

July 19 – PowerPoint Level 2
July 20 – Excel Level 2
July 21 – Word Level 3
July 26 – Access Level 1
July 27 – Excel Level 3
July 28 – Access Level 2
Classes are held at the Roadrunner Community Service, Building 2797 from 8 a.m. to 12 p.m. Registration is required. For more information or to sign up, call 221-2518/2705.

Driver's Education Course

Classes for children ages 14-18 are Monday-Friday, July 18-Aug. 8 from 5 -7 p.m. at Family Childcare, Modular 1630-A, Sultan Road. Register at Army Community Service, Building 2797, 2010 Stanley Road. Students must provide a verification of enrollment form from their school. Call 221-4871.

Men and Women's Intramural Sports

Coaches and players are needed for flag football, basketball, soccer and softball. Register at the 32nd Medical Brigade Gym, Building 1281, Garden Road. Call 221-3003 for information.

EDGE! Summer Fun and Activities

Now registering children in first through 12 grades for various activities. To register, call 221-4871 or visit <https://webtrac.mwr.army.mil>.

BOSS Joint Base Weekend Getaway at Canyon Lake

Aug. 5-8, \$70 per person, includes room and meals. Must be 18 or older to participate, payment due by July 15. Call 221-4242.

Junior Golf Clinics

Register now for junior golf clinics held 9-11 a.m., July 11-15 and Aug. 8-12 at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. Cost is \$100 per student. Call 222-9386.

Bowling Specials

Specials include Wednesday nights, all you can bowl from 5-9 p.m. for \$20. AIT students can bowl for \$1 per game and \$1 shoe rental, Tuesdays from 11 a.m. to 9 p.m. at the Fort Sam Houston Bowling Center, Building 2521 Schofield Road. Call 221-3683.

Nathan's Hot Dogs at the Club

Tuesday- Friday from 11 a.m.-1 p.m., purchase a hot dog, chips and soda for \$3.25 at the Sam Houston Club, Building 1395,

Chaffee Road. Call 224-2723.

Learn to Swim

Register children 6 months to 16 years old for swimming lessons. Cost is \$40 per child. Call 221-1234.

Story Time at the Library

The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

Catfish Pond at Camp Bullis

Camp Bullis has opened the pay-as-you-go catfish pond. Catfish are \$2 per pound (live weight). No fishing license required. Pole rental is \$1. Call 295-7577.

Language Classes

English as a Second Language classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

Calendar of Events

July 14

ScreamFree Parenting

Classes are July 14, 21 and 28 from 11:30 a.m.-1:30 p.m. at the Red Cross, Building 2650. For more information, call 221-0349/2055.

Mandatory Initial First Termer Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center, Computer Lab Building 2797. To register, call 221-1612.

July 15

Overseas Orientation

The class is 10 to 11 a.m. and again at 5-6 p.m. at the Roadrunner Community Center, Building 2797. Call 221-1681/2705.

'The Goonies' Dive In Movie

Beginning at dusk at the Fort Sam Houston Aquatic Center, Building 3300, Williams Road. Call 221-4887 for information.

July 16

BOSS Summer Block Party

Free dinner and fun at Benner Barracks, Building 272, from 5 to 9 p.m. Call 221-4242 for information.

July 18

Saving and Investing

Financial Readiness will offer a saving and investing class from 2 to 4 p.m. at the Roadrunner Community Center, Building 2797. To sign up or for more information, call 221-2380

EFMP Horsemanship Camp

The Exceptional Family Member Program will offer a horsemanship camp July 18 thru 21 from 8 to 11 a.m. at the Fort Sam Houston Equestrian Center for EFMP-identified children, ages 7 to 17. Space is limited, sign up early! Parents mat attend with their children, but Respite care providers can be substitutes. For more information or to sign up call, 221-0285 or 221-0600.

July 19

H.U.G.S Playgroup

This group for parents and children up to 5 years old meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road Building 2515 for interactive fun play. Registration is not required. Call 221-0349/2418 for information.

Baby Talk

This new parents support group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks and drinks are provided. Call 221-0349/0655.

Credit Report – Where do you Stand?

Financial Readiness will offer a "Credit Report – Where do you Stand?" class from 2 to 4 p.m. at

Outdoor Movie Nights

July 22, "Battle: Los Angeles" rated PG-13, at the flagpole

July 23, "Yogi Bear" at Dodd Field

Aug. 12, "Source Code," rated PG-13, at the flagpole

Aug. 13, "Beastly," rated PG-13 at Dodd Field

Aug. 26, "I am Number Four," rated PG-13, at the flagpole

Aug. 27, "Gnomeo and Juliet," rated G at Dodd Field

All movies begin at dusk around 8-8:30 p.m. The movie time will get later as daylight remains longer. Bring chairs or blankets and enjoy free popcorn, snow cones and cotton candy. In the event of inclement weather, the movie will be shown in the auditorium of the Roadrunner Community Center. Call 221-2418/2704.

the Roadrunner Community Center, Building 2797. For more information, call 221-2380

General Resume Writing

Employment Readiness will offer a general resume writing class from 9 a.m. to 12 p.m. at the Roadrunner Community Center, Building 2797. Seating is limited and registration is required. For more information, call 221-0516 or 221-0427.

July 20

Military Appreciation Night at the Missions

The MWR Ticket Office at Sam Houston Community Club, Building 1395, Chaffee Road, is giving away tickets to the San Antonio Missions game. Call 226-1663 for

information.

Post Deployment Planning

Mobilization and Deployment offers post-deployment planning from 9 to 10:30 a.m. at the Roadrunner Community Center, Building 2797. To register or for more information, call 221-1829 or 221-0946.

Five Love Languages

Family Advocacy will offer a Five Love Languages class July 20 and 27 from 5:30 to 7:30 p.m. at the Roadrunner Community Center, Building 2797. This two-session class will help you learn your partner's love language in a non-spiritual version of the popular class. Improve your understanding of each other and explore your communication styles in depth. For more information, call 221-0349.

Stress Management

Family Advocacy will offer a stress management class from 11 a.m. to 12:30 p.m. at the Roadrunner Community Center Building 2797. This class provides valuable tips to help you manage your stress. For more information, call 221-0349.

Financial Readiness Classes

Army Community Service Financial Readiness will offer a mandatory Initial 1st Termer Financial Readiness class July 20 from 12 to 2 p.m. at the Education Center Building 2248. Class space is limited. To register for classes or for more information, call 221-1612.

July 27

Bringing Baby Home

Classes are from 9 a.m.-12:30 a.m. at the Red Cross, Building 2650. Call 221-0349/0657.

Mandatory Initial First Termer Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

Thought of the Week

A No uttered from deepest conviction is better and greater than a Yes merely uttered to please, or what is worse, to avoid trouble.

— Mahatma Gandhi

VISIT NEWS LEADER ONLINE:
[HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO](http://www.samhouston.army.mil/pao)

W O R S H I P SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8:00 a.m. - Collective Protestant
11:00 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8:00 p.m. - Fridays - Worship and
8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

2:00 p.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - Sundays

Protestant Services:

10:00 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays
6:00 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8:00 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays
Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

Rocco Dining Facility Menu

Building 2745, Schofield Road

Dining Room Breakfast Hours:

Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30 a.m.

Friday - July 15

Lunch - 11 a.m. to 1 p.m.

Bean soup, cream of broccoli soup, Creole chicken, beef stroganoff, cheese french bread pizza, blackened fish, grilled pork chops with onions and green peppers, mashed potatoes, rice pilaf, sweet potatoes, collard greens, lima beans, glazed carrots

Dinner - 5 to 7 p.m.

Honey glazed cornish hens, beef stir fry, baked salmon, stuffed green peppers, redskin potatoes, long grain and wild rice, Brussels sprouts parmesan, corn on the cob, cheese ravioli

Saturday - July 16

Lunch - noon to 1:30 p.m.

French onion soup, cream of mushroom soup, turkey pot pie, grilled ham steaks, parmesan baked fish, vegetable egg rolls, Mediterranean brown rice, Franconia potatoes, sweet potatoes, herbed green beans, cauliflower combo

Dinner - 5 to 6:30 p.m.

Beef tacos, barbecued chicken, spaghetti with meat sauce, Italian pasta and broccoli, Mexican rice, garlic roasted potato wedges, hacienda corn and black beans, spinach

Sunday - July 17

Lunch - noon to 1:30 p.m.

Cream of broccoli soup, Midwestern tomato and rice soup, Swedish meatballs, sesame chicken breasts, chopstick tuna, grilled citrus chicken breasts, vegetable curry with rice, steamed rice, mashed potatoes, cauliflower au gratin, succotash, broccoli

Dinner - 5 to 6:30 p.m.

Grilled turkey patties, southwestern shrimp linguine, hamburgers, cheeseburgers, chipotle chicken, Panini sandwiches, vegetarian burgers, grilled cheese sandwiches, mashed potatoes, vegetable stir fry, cauliflower combo, sweet potato fries, baked beans

Monday - July 18

Lunch - 11 a.m. to 1 p.m.

Chicken noodle soup, cream of mushroom soup, baked chicken,

chili macaroni, Caribbean catfish, chicken fried steaks, vegan pierogy, brown rice with tomatoes, mashed potatoes, carrots, broccoli

Dinner - 5 to 7 p.m.

Oriental pepper steaks, roast pork tenderloin, chicken lasagna, macaroni and cheese, parslid potatoes, spinach, corn

Tuesday - July 19

Lunch - 11 a.m. to 1 p.m.

Cream of chicken soup, tortilla soup, hot and spicy chicken, Yankee pot roast, grilled turkey patties with onions, beef enchiladas, red beans and rice, O'Brien potatoes, Mexican rice, green beans, refried beans, ratatouille

Dinner - 5 to 7 p.m.

Jerk roast turkey, hamburger yakisoba, beef fajitas, vegetarian nuggets, rice pilaf, sweet potatoes, Spanish rice, cauliflower au gratin, Brussels sprouts combo, pinto beans

Wednesday - July 20

Lunch - 11 a.m. to 1 p.m.

Cream of mushroom soup, minestrone soup, braised beef cubes, grilled pork chops, chicken

parmesan, baked stuffed fish, vegetable pizza, mashed potatoes, parslid egg noodles, mustard greens, whole kernel corn

Dinner - 5 to 7 p.m.

Santa Fe glazed chicken breasts, meat loaf, Cajun baked fish, pork fritters with mushroom gravy, vegetable egg rolls, steamed rice, Lyonnaise potatoes, carrots, amandine, broccoli

Thursday - July 21

Lunch - 11 a.m. to 1 p.m.

Cream of broccoli soup, chicken egg drop soup, pineapple chicken, vegetable lasagna, baked salmon, pepper steak, steamed rice, fried rice, garlic roasted potato wedges, Brussels sprouts, pinto beans, broccoli combo

Dinner - 5 to 7 p.m.

Chicken enchiladas, Mexican baked chicken, beef fajitas, bean burritos, lemon baked fish, Spanish rice, steamed rice, Spanish style beans, carrot and celery amandine, Mexican corn, green beans, mashed potatoes

Menus are subject to change without notice